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Board of education superintendent leaving in January

RETIRING The Calgary Board of Education is looking for a new head honcho after the chief superintendent announced his retirement yesterday.

"Students are in his debt for the visionary leadership ... he brought to the school system."

Pat Cochrane

focus he brought to the school system," CBE board chair Pat Cochrane told reporters.

In the meantime, deputy chief superintendent Beverley Hubert will fill the position while the board searches for candidates.

METRO CALGARY

No more free parking

FEES Thousands of Calgary drivers enjoying free parking around the city won't be getting a free ride anymore.

The Calgary Parking Authority will be now issuing tickets for drivers who overstay their time at Parkplus System meters as the one-year amnesty period comes to an end Sept. 30.

The parking authority issued more than 40,000 warning tickets in the past year. **METRO CALGARY**

Take Five page 19

A tasty dinner idea for tonight



Election 2008 page 8

- Will the real Harper please stand up: Lawrence Martin
- Explaining carbon tax

Health page 15

Josey talks sex



Fellow soldiers carry the casket of Pte. Chad Horn who was killed in Afghanistan last week. He was the fifth soldier from Calgary killed since 2002.

'For those I love I will sacrifice'

Family and friends mourn fallen soldier

NEIL MACKINNON
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A simple tattoo scrolled across the back of Pte. Chad Horn spoke in his absence.

A giant Canadian flag flapped between two Calgary Fire Department ladder trucks over 40 Street SE yesterday, which greeted more than 1,100 people who came to remember Horn, the soldier, son and friend who died with two other Canadian soldiers Sept. 3 while on patrol in the Zahari district of Afghanistan.

The tattoo, "For those I love I will sacrifice," ran from shoulder to shoulder across Horn's back, exemplified the man he was, said his best friend Zach Jilg

during Horn's eulogy.

"He knew who he was and there was no questioning his love, patriotism and enthusiasm for life," said Jilg, adding he also had a Maple Leaf tattoo on his chest and the words strength and honour on his shoulders.

"He was ready to lay down his life for his family and for his country, who he held so close to his heart. He made the best of the time he had."

Local dignitaries joined a dozen RCMP officers in Red Surge, former Canadian Army veterans and hundreds of friends and mourners to say

goodbye to Canada's 96th soldier to fall in Afghanistan at the non-denominational military honours service.

"I love you forever," read a message from his "momma" Anita, amidst a photo montage playing on two screens inside the church.

Tyler Heben-ton, who worked with Horn and lived across the hall from him when they were sent to Shilo, Man., said his always smiling friend, a joker and lover of life, helped him through a lot of hard times.

"Without a doubt, he's the most amazing person I ever met," Heben-ton said.

"He was ready to lay down his life for his family and for his country."

Zach Jilg, friend

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Sales down for residential property

The average MLS sale price for Calgary residential property declined 8 per cent since a year ago, according to a report by the Canada Real Estate Association. It was the biggest decline in the country.

METRO CALGARY

3

Local



Sparking awareness with coffee

The Alzheimer Society is hosting a Coffee Break for Calgarians to raise awareness Thursday by offering free coffee at the 200 block of Stephen Avenue between 7 a.m. and 10 a.m.

METRO CALGARY

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Citytv

ROGERS™

Shot man targeted, say police

KRISTA SYLVESTER
krista.sylvester@metronews.ca

City cops say while a 46-year-old man shot on Sunday morning in a northwest community was targeted, it wasn't gang or drug related.

However, police say they still don't have a motive for the shotgun blast on the 100 block of Scenic Rd. NW that sent the man to hospital with serious, life-threatening injuries to his abdomen and arm around 8:30 a.m.

"We always take incidents like this serious whenever the public is at risk," said Det. Fred Kwan. "It was fortunate that no one else was in the vehicle with him."

He was shot as he was leaving his vehicle, police said, and his condition

"We always take incidents like this serious whenever the public is at risk."

Det. Fred Kwan

has been upgraded to stable.

There are conflicting reports about the description of the car ranging from a dark SUV to a minivan that pulled up beside him and may have been following him just prior to the shooting.

Police say the man doesn't live in the area and was picking up a friend's daughter.

ShareYourViews

calgaryletters@metronews.ca



Ashley Oakes of the Canadian Cancer Society gets locked up for a good cause in the annual Jail-N-Bail fundraiser to raise money for the fight against cancer.

Behind bars for fighting cancer

CANDICE WARD
for Metro Calgary

JAIL-N-BAIL Many Calgarians wish they could send their boss, spouse or even some politicians off to jail, but now they are getting their chance — if only for a day.

The Canadian Cancer Society's (CCS) Jail-N-Bail is back, giving Calgarians a chance to lock up their willing victims to raise

money for the fight against cancer.

"It is really about having as much fun as possible and having a really good time," says Ashley Oakes of the Canadian Cancer Society.

Those who have been nominated to be "arrested" are picked up by police officers and thrown in "jail" where a judge sets bail. It's up to the jailer with the help of his or her cellphone

to raise the bail.

The CCS hopes to raise more than \$550,000 this year through Jail-N-Bail. The money raised goes toward research of all types of cancer and supporting people living with cancer.

The mock jail will be set up at the Bow Valley Square SW Sept. 17 and 18 and people are encouraged call 403-221-0950 to have a person of their choice sent to jail.

\$23,000 fine for health violations

RESTAURANT The two owners and manager of a northeast restaurant were fined \$23,000 yesterday for several Public Health Act Violations. Singapore Sam's on 32nd Ave. NE had been shut down four times in two years before the charges for the violations, which included dead mice near food and other breaches for unsanitary conditions.

METRO CALGARY

metronews.ca

What's online today.

Watch Omni TV — a new multicultural television station that has launched in Calgary to serve the city's growing diversity.

Read as Calgary's white-hot condo market is cooling quickly at www.metronews.ca/local

Watch as economics take centre stage in the federal election as the Liberals accuse the Tories of fumbling the economy, at www.metronews.ca/canada

Read as Allan Small reassures investors following this weekend's Wall Street shakedown at www.metronews.ca/live/yourmoney

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Gas shortage at Shell pumps

Prices soaring as some stations forced to turn customers away

VICTORIA HANDSIDES
Metro Canada

Albertans everywhere are turning their heads in disgust at soaring gas prices, while some are being turned away completely as pumps run dry.

"Refineries had been turning away attention from gasoline and were making other products," explained market analyst Michael Ervin, who said that motorists are taking it in the pocketbook as retailers try to compensate for huge refinery mark-ups.

Thanks to hurricane Ike halting operations along the Gulf Coast and a simultaneous rapid decline in inventory, consumers are swamped in an unavoidable flood of record-breaking rates, said Ervin.

Additionally Shell stations across the city have been turning away droves of customers who are arriving at pumps that the petroleum giant has let

run dry.

Customer Pattie Smith had to stop at three different stations yesterday to get gas with her Shell card.

"I think it's just ridiculous — first the prices, and now this," she said.

While the company isn't offering much of an explanation, officials have said the problem is temporary and is to be blamed on "distribution challenges."

The good news, Ervin said, is that he feels things are looking up in the next few weeks, and prices will dip back to tolerable levels.

"They'll go significantly lower before they get higher, which will be much easier for people to handle."

Yesterday, Calgary-gasprices.com listed a Gas Plus station downtown as having some of the cheapest regular gas in town, at \$1.30 per litre, while a Petro Canada station on Tuscany Drive was pumping \$0.10 higher, at \$1.40 per litre.



Gas patron D.W. (Dan) Leavens wonders why Shell is low on gas as he fills up yesterday. Shell locations across the city and province have been running out of gas.

City will help fund new school

CANDICE WARD
for Metro Calgary

EDUCATION Although it wasn't a priority for the Calgary Board of Education, Ernest Manning school will have a new building by 2011 thanks to help from the city.

The west leg of the LRT is designed to run through the school's current location at 3600 16 Ave. SW, so the city is contributing \$30 million and use of land for the new school.

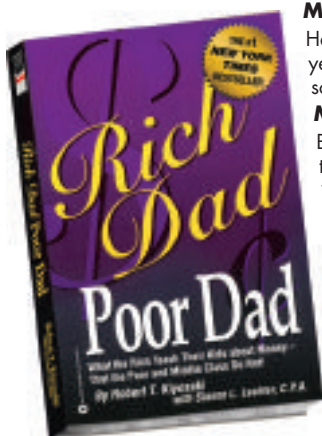
"I think it's a great challenge and an exciting challenge; we have never done this before," said Pat Cochrane, Chair of the Board of trustees with the CBE.

The school will remain open during the early stages of construction on the west leg of the LRT.

"We, as a government, had to do what made sense," said Ron Liepert, MLA for Calgary West told press yesterday. "What made sense was to replace an aging Ernest Manning with a new facility."

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6 local Premier isn't concerned about slowing oilsands development
Premier Ed Stelmach said yesterday he isn't worried about an investment firm encouraging energy companies to slow oilsands activities. **METRO NEWS SERVICES**



The old City Hall celebrated the 100th anniversary of its first cornerstone piece yesterday.

City's birthplace

Historic cornerstone reaches centennial

NEIL MACKINNON
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Henry Ford was putting the finishing touches on his first Model T, the University of Alberta was eight days away from opening its doors and the cornerstone of a Calgary landmark was put into place.

It was 100 years ago yesterday that a consortium of local politicians, including future prime minister R.B. Bennett, huddled around what nearly three years lat-

er would become historic City Hall. They laid down a red granite plaque and the cornerstone containing a sealed copper box, sealing within it a New Testament, city bylaws and financial reports.

In many ways, Ald. Dale Hodges said, Calgary was born from the building, which became a Class A historic site in 1978.

"It's one of the most significant buildings in this city," Hodges said. "There were hundreds of decisions made in there that allowed Calgary to reach the

point where it has today."

Ald. Brian Pincott said old city hall, which his office now sits in, is the kind of place today's council can still learn lessons from.

"It's a clear example of a civic building that was built to stand the test of time and build civic pride," Pincott said.

"It's a good building to be in, good to look at and sometimes, it just pays to spend a premium in order to ensure that things last, whether it be city hall or pedestrian bridges."



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Mounties not shying away from northern duty despite deaths

While the RCMP held a memorial Sunday for two officers killed in Canada's North last year, organizers said the deaths have not discouraged new officers from wanting to serve in the northern territories and said enrolment is as high as ever. **CBC NEWS ONLINE**

Canada

“The Green party has picked this up on its website.”

Catherine Coumans of Mining Watch speaking about the amount of waste mines cause.

Mining waste

Canada's political parties need to put the issue of toxic waste from the country's mining on the agendas for their election campaign, Mining Watch said yesterday. **CBC NEWS ONLINE**

Widowed bride facing deportation reality

For Manniecar Dagpin Senillo, marrying “a Western man” is a transaction, a tool to improve her life and that of her family in the Philippines.

And that's what the 25-year-old woman said she and her Canadian husband, businessman George Spiller, had agreed on when they met two years

ago on an Internet website popular with Filipinas looking for agreeable men in the West.

Despite a 32-year age gap and, according to Senillo, the disapproval from his Toronto family, Spiller sponsored her. She joined him in Calgary in August 2007. But her dream for a new life was short-lived.

Immigration hearings

• Senillo says the complaint against her to Immigration Canada stems from her having

left Spiller's Calgary home just before his death and not attending his funeral.

Spiller, 56, died of alcohol poisoning a month later. Although foul play was not suspected, the widow

is now being accused by Spiller's family of entering a marriage of convenience and may have her permanent

resident status revoked and be sent back to her impoverished homeland. A letter from the immigration department said: “It has been alleged that you misrepresented yourself to Mr. Spiller and entered into marriage with no intention of residing with Mr. Spiller.”

Immigration Canada cannot comment on the case, but spokesperson Danielle Norris said Canadian sponsors can complain to border security or immigration officials if the other parties have committed fraud.

A decision from Immigration Canada is pending. **TORSTAR NEWS SERVICE**

Protest Aboriginal women



Akwesasne resident Rarahkwisere holds up a sign at the Walk 4 Justice rally at Parliament Hill in Ottawa yesterday. Hundreds attended the event, which was the culmination of a cross-Canada walk to raise awareness of violence against Aboriginal women in Canada.

Charges tossed in torture of teen

MILITARY Charges of murder and torture have been withdrawn against the former Canadian soldier accused 15 years ago of mistreating and killing a Somali teenager, the Department of National Defence said yesterday.

Clayton Matchee, a master corporal, has been deemed unfit to stand trial based on mental defect, CBC News reported. He was released from a psychiatric hospital earlier this year. **METRO NEWS SERVICES**

News in brief

PAN AM GAMES Toronto Mayor David Miller will write a letter formally endorsing a Toronto bid for the 2015 Pan American Games, a critical development for the \$2-billion bid that has received support from the provincial and federal governments.

OIL SPILLS The number of small spills reported by the energy companies that operate Canada's offshore oil and gas rigs has far exceeded their original predictions, a study out of York University said yesterday. **METRO NEWS SERVICES**

Cash Flow Expert to Reveal North America's Best Kept Investment Secret

by James Ryder
Financial Reporter

CALGARY – Why settle for 2 or 3% interest from your local bank, when you could be earning 16%, 18%, 24% and even up to 50% return on your hard earned money?

According to Ted Thomas, one of North America's cash flow experts, this is exactly the way that many wealthy people have been investing for decades.

This proven personal fortunate money-machine is called Tax Certificates. With Tax Certificates, you invest your money with the government and the government returns your money in guaranteed cheques plus 16%, 18%, 25% or even 50% more in interest.

Thomas explains that the beauty of this exciting, simple investment is that it works for just about anyone – regardless of age, gender, education or experience.

This is the ideal investment for Canadians – because you can invest by mail or on the Internet. You don't need a huge investment to start with Tax Certificates – you can start with as little as \$500.

The biggest advantage of this investment, Thomas says, is you don't have to be stuck with low bank interest rates, lacklustre mutual funds, low performing stocks or negative cash flow real estate.

“Let me tell you about Cheryl Hyland of Brooks, Alberta,” says Thomas. “She invested \$7,390 in a Tax Certificate and in less than five months, it was redeemed for \$9,187.50 for a quick profit of \$1,797.50. That's a 24.3% return! When she contacted me with the good news, I calculated her annualized return... and it works out to a whopping 58.3%.”

I asked Mr. Thomas the obvious question. “If this investment system is proven like you said it is, then why haven't we heard about Tax Certificates?”

His answer was right to the point. “Stock brokers, financial planners and bankers aren't allowed to make commissions on them. Yet many bankers invest their ‘surplus’ money in Tax Certificates to enjoy the amazingly high returns. They pray they you won't learn what I'm revealing to you.”

Thomas will be explaining more about this proven cash flow system in a free seminar called **“How To Create Tons of Cash Using North America's Best Kept Investment Secret.”**



Cheryl Hyland from Brooks, Alberta shows her 24.3% return!

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– John & Silke Greiner

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“I have purchased two properties. On the first property alone, I will put about \$13,500 in my pocket. I'm working on another deal that will make a net profit of \$8,400... I'll make \$21,900 on my first two deals, all in 90 days. THANK YOU TED!”

– Curtis Harker

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“Ted, I want to tell you ‘THANKS’ for sharing your insider secrets about Tax Certificates! After attending your seminar, I purchased three houses and sold them all within 31 days. The first house I purchased for \$8,000 and sold it for \$18,400 for a profit of \$10,400. The second house I purchased for \$30,000 for a profit of \$19,000. The third house I purchased for \$12,000 and sold for \$27,000 for a profit of \$15,000.”

– Todd Beemer



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CALGARY (SE)

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Thursday, September 18
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Westin Calgary Hotel
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Please note that Tax Certificates are offered by hundreds of US counties. This event is produced by BBT Events, a division of Business Breakthrough Technologies Inc. (BBT). BBT has been helping Canadians “turn financial dreams into reality” since 1988. Attendees will be offered to purchase additional materials at the event. Speakers are subject to change without notice. Registering for this event constitutes your permission for us or a related company to contact you regarding related information and events via mail, email, fax and telephone. © 2008 BBT INC.

Election 2008



Beware of September snow jobs

You've got to give Stephen Harper credit. He's got gall. This is the prime minister who built a reputation for cold-hearted, low-road politics. Civility and high ideals were set aside. Naked political self-interest appeared to be his chief motivator.

Now comes the attempt at the great transformation. Everybody's talking about the chummy guy in the TV ads. It's Mister Rogers' Neighbourhood all over again. You'd think the PM is about to surround

NationalReport

Lawrence Martin



himself with toddlers and break into song.

On the campaign trail — where's that uptight glare gone? — he's open to the media and sometimes even humble.

It's all very nice. But best beware of September snow

jobs. The problem with image remakes is that there's always a record to look at.

The Harper Conservatives are the ones who wrote a dirty-tricks handbook on how to obstruct the democratic process.

These are the guys who, while simultaneously promising a new era of clean government, were undermining the rules of the game in the so-called in-and-out affair. These are the guys who have broken the record for attack ads, who turned the access to information laws into information barriers, who, in

"While he hasn't convinced many that the new Harper is for real, it doesn't seem to matter. If you look at the polls, his old style is good enough to win."

the words of Auditor General Sheila Fraser, were out to gag officers of Parliament.

We thought Jean Chrétien was bad for hoarding so much power. Stephen Harper has made him look like a pantywaist. But now, the big image switcheroo.

Can it work? The campaign's first week wasn't

the smoothest for Harper. True colours couldn't be hidden. His team got caught going over the top with their attack proclivities — the puffin bird saga being just one example.

Meanwhile the happy-faced PM couldn't help himself from returning to low-road mode. He falsely accused Dion of planning

to raise the GST. On the Liberal leader's Green Shift, he went off the nut-beam, saying it would practically mean the end of civilization as we know it.

But while he hasn't convinced many that the new Harper is for real, it doesn't seem to matter. If you look at the polls, his old style is good enough to win. The politics of destruction works south of the border — and here as well.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Public fear carbon tax: Liberal to Dion

Liberal Leader Stéphane Dion's efforts to sell his proposed carbon tax took a hit yesterday when a former federal Liberal cabinet minister said the people of Newfoundland and Labrador are afraid of it.

John Efford, former natural resources minister, told reporters that Newfoundland residents may dislike and distrust Harper, but they're also afraid the proposed carbon tax is going to drive the cost of fuel even higher than it is now.

"I can tell you the average person on the street doesn't understand the carbon tax," Efford said after listening to Dion speak at a breakfast gathering.

Efford's remarks came as a veteran Ontario cabinet minister warned that Dion's

Plan for fisheries

- Stéphane Dion announced yesterday a Liberal government would pump millions into the fisheries industry, including more than \$300 million to modernize fleets and aid fisherman who want to get out of the business.

federal Liberals appear headed for the party's worst defeat since prime minister Brian Mulroney swept to power 28 years ago.

Although Liberals are hoping to capture six of the seven seats in Newfoundland and Labrador, Dion held only one public event yesterday before he headed to Halifax, where he had nothing planned.

TORSTAR NEWS SERVICE

Harper wooing families

Conservative Leader Stephen Harper returned to southwestern Ontario for the second time in less than four weeks, seeking to increase support among what he likes to call "working families."

On a day when the Toronto Stock Exchange fell more than 500 points, Harper promised in London, Ont., "a steady hand on the wheel, even if the world's financial markets get a little rocky."

The opposition "wants to reverse everything that we have done," Harper said. He again claimed the Liberals — contrary to Leader Stéphane Dion's campaign statements — would hike the GST back up to 7 per cent from 5, and "take back" the \$100-a-month child care allowances. On top of that, Harper said, Dion's carbon tax would devastate the economy.

Harper's effort began earlier in Ottawa with a measure expected to make inroads with female voters.

He promised to extend maternity and parental benefits to the self-em-



CHRIS WATKINS/REUTERS

RCMP officers keep watch as Conservative Leader Stephen Harper leaves a campaign stop at a spa in Ottawa yesterday.

ployed — a pledge he said would cost \$147 million annually, but would be largely self-financed once self-em-

ployed people began paying premiums into the fund.

TORSTAR NEWS SERVICE

New Democrats

Layton pledges more doctors

HEALTH New Democrat Leader Jack Layton made a billion-dollar promise to reduce the shortage of family doctors in Canada yesterday. "Having regular access to a family doctor is really the basic business of community health care," Layton said in the medical building of Dalhousie University. "If you don't have that, you don't have health care. You have sickness care."

TORSTAR NEWS SERVICE

May stays on track with train tour

CAMPAIGN Green party Leader Elizabeth May's election campaign takes a nostalgic turn next week with a whistle-stop train tour of the country. May said she hopes the Vride will emphasize the party's message about reducing carbon emissions.

TORSTAR NEWS SERVICE

News in brief

DUCEPPE Bloc Québécois Leader Gilles Duceppe is dismissing criticism by five of the party's ex-MPs who say the Bloc has lost its raison d'être

and relevance in Ottawa and become a mouthpiece for Quebec's powerful union movement.

TORSTAR NEWS SERVICE

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World



Pink Floyd founder dies

Pink Floyd keyboard player and founding member Richard Wright died yesterday after a short battle with cancer, his spokesman said. He was 65. **REUTERS**

Corporations idled by Ike

Houston's energy giants left in limbo after hurricane blows through city

It was not quite business as usual in Houston yesterday after hurricane Ike knocked out power to millions, shattered skyscraper windows and wiped out water pressure in the nation's energy hub.

In the midst of an oil boom, the storm's destruction has largely paralyzed the nation's fourth-largest city, which has seen its economy grow even as the nation's has faltered.

Most office workers were asked to stay at home. Two days after the Category 2 storm made landfall in Galveston, Texas, streets were filled with fallen trees and debris and most traffic lights were out, making the office commute a hazardous affair.

Police have blocked the entrance to many downtown streets in an effort to speed up the clean-up. Office buildings had their windows blown out or broken by flying debris, rain-



Houston Heights resident Travis Warrington sweeps away storm debris following hurricane Ike, with a cautionary sign on plywood covering his window. **RICHARD CARSON/REUTERS**

ing glass on sidewalks. Trees and shrubs were torn from their planters.

Tap water was declared unsafe for drinking.

The 75-storey JPMorgan

Chase Tower downtown lost hundreds of its windows in the hurricane and is home to the energy investment banking arms of firms such as JPMorgan

Chase & Co. and Lazard Ltd.

Many energy trading floors, which expanded in recent years to capitalize on rising energy prices,

Gas prices to go up

U.S. President George W. Bush said yesterday there would be some upward pressure on the price of gasoline after hurricane Ike.

were said to be working with skeleton staffs. One major oil trading operation said it had "computer issues."

The world's largest company, Exxon Mobil Corp., which owns a 44-storey building in downtown Houston, has shuttered its office tower and other Houston offices to nonessential personnel.

Transocean Inc., the world's largest offshore oil and gas drilling contractor, shipped operations workers to Dallas and Austin ahead of the storm, but its offices in Houston are closed today because of the buildings' low water pressure.

REUTERS

Odierno takes lead as bombs kill 34

IRAQ Three bomb attacks killed 34 people and wounded dozens more in Iraq yesterday, underscoring the security challenges facing the next U.S. military commander in the country who takes over this week.

U.S. Defence Secretary Robert Gates, who earlier arrived in Baghdad on an unannounced visit, said Lt.-Gen. Ray Odierno must find ways to keep improving security while American troop levels are falling. **REUTERS**

Mugabe gives up some powers

ZIMBABWE President Robert Mugabe of Zimbabwe signed a power-sharing agreement with opposition rival Morgan Tsvangirai yesterday, giving up some of his powers for the first time in nearly three decades of iron rule.

The deal followed weeks of negotiations to end a political and economic crisis compounded by the Mugabe's unopposed reelection in a widely condemned vote in June. Under the agreement, Tsvangirai will become prime minister. **REUTERS**

Jury urged by prosecutor to give O.J. Simpson 'true verdict'

LAS VEGAS O.J. Simpson's kidnapping and robbery trial began yesterday with a Las Vegas prosecutor asking jurors to render "the true verdict" against the one-time football star who was famously acquitted of the murder of his wife and

her friend more than a decade ago.

Simpson is charged along with Clarence Stewart of storming into a Las Vegas hotel room in September 2007 and taking thousands of dollars in sports memorabilia from



O.J. Simpson

two dealers at gunpoint. Clark County Deputy District Attorney Christopher Owens appeared to invoke Simp-

son's sensational 1990s murder trial and its controversial verdict when he asked the jury to find "the true verdict" on a dozen charges that could send Simpson and Stewart to prison for life.

But defence attorney

Yale Galanter took umbrage at that suggestion, reminding the jury in his opening statement that they could not be influenced by Simpson's 1990s infamy in reaching a verdict in the current case.

REUTERS

News in brief

PEOPLE Angelina Jolie and Brad Pitt have donated \$2 million to create a centre for Ethiopian children affected by AIDS and tuberculosis. **REUTERS**

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U.S. violent crimes decline in 2007

Violent crime fell in the United States in 2007 after rising for two years, according to FBI figures announced yesterday. The Justice Department attributed the decrease to better policing against violent gangs and drug dealers.

REUTERS

Colorado **Lipstick Republicans show Palin their support**

RICK WILKING/REUTERS

Women hold up lipsticks in support of U.S. Republican vice-presidential nominee and Alaska Gov. Sarah Palin as she arrives to speak in Golden, Colo., yesterday. A furor began last week when Senator Barack Obama told a campaign rally the Republican team's claim to be reforming mavericks was like putting "lipstick on a pig." Obama denied it was a personal attack on Palin, who has joked that the difference between a hockey mom like her and a pit bull was lipstick.

Livni favoured to win: Poll

Israel's foreign minister seeking party leadership

Israeli Foreign Minister Tzipi Livni's hopes of succeeding the scandal-hit Ehud Olmert as prime minister got a boost from an opinion poll yesterday, two days before she faces rivals in a party leadership vote.

The survey of members who can vote in tomorrow's party primary showed 47 per cent backed Livni's bid to become Israel's first woman leader since Golda Meir in the 1970s, compared to 28 per cent for Iranian-born deputy premier Shaul Mofaz.

Candidates must score above 40 per cent to avoid a run-off ballot next week.

The poll by the Dialogue agency for Channel 10 television and Haaretz newspaper gave the two

Continuity

• Tzipi Livni, who is Israel's chief negotiator in the peace talks with Palestinians launched 10 months ago by U.S. President George W. Bush, is widely seen as offering the most continuity in that process.

other contenders seeking to lead the centrist Kadima party six per cent each.

Analysts are wary of such polls, however, especially on a primary in which just 74,000 activists are entitled to vote at party-run venues.

Olmert, facing indictment for corruption, has said he will step down as premier as soon as Kadima has a new leader.

REUTERS

India worried about militants receiving Pakistani support

BOMBINGS India's defence minister said yesterday he was seriously concerned about support for militants from Pakistan after a string of bomb attacks in the nation's capital killed 22 people over the weekend.

A.K. Antony's remarks came as police said they were closing in on several Muslim bombing suspects. At least five bombs exploded in quick succession in crowded markets and streets in New Delhi Saturday night, wounding nearly 100 people.

India, which used to blame Pakistan for violent attacks in the country, including in the disputed region of Kashmir, has in recent months become more cautious about making these allegations.

Some of the violence may have been perpetrated by homegrown groups, it has said. Islamabad has repeatedly rejected Indian allegations.

REUTERS

Iran blocks probe into alleged atom bomb work: IAEA

INQUIRY Iran has blocked a UN inquiry into whether it researched ways to make a nuclear bomb, the International Atomic Energy Agency said yesterday as Britain said it would push hard for tougher sanctions against Tehran.

A confidential report by the IAEA said Iran had

raised the number of centrifuges enriching uranium by 500 to 3,820 and was stepping up development of a model able to refine nuclear fuel two to three times faster, in defiance of UN resolutions.

Iran denies its nuclear work is aimed at developing a bomb.

REUTERS

News in brief

UKRAINE Parliament is likely to pronounce Ukraine's pro-Western coalition dissolved today, opening the way for talks on piecing together a new, viable governing combination after four years of upheaval. The current coalition collapsed when President Viktor Yushchenko's allies walked out.

SPACE Scientists have snapped the first images of a planet outside of our solar system that is orbiting a star very much like the sun. In findings announced yesterday, University of Toronto scientists said the planet is about the size of Jupiter but with eight times the mass.

REUTERS

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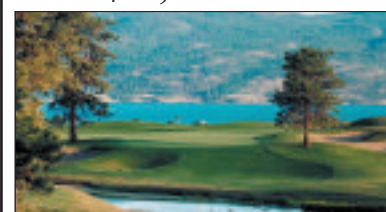
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Home resales in Canada dropped 3.4 per cent in August from July as the economy softened and a big rise in prices in Western Canada left properties out of reach for many potential buyers. Compared to last year, resales were down 19.3 per cent. **REUTERS**

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Business in brief

MEDIA The World Association of Newspapers, which represents 18,000 publications, said a deal made in June by Google Inc. and Yahoo Inc. to share advertising revenue will reduce newspaper income and ultimately weaken Yahoo.

BANKING Wal-Mart Canada said yesterday it had filed an application to regulators for a banking licence as it aims to expand its financial services. It currently offers non-banking services such as money transfers, ATMs and gift cards.

WTO China has appealed against a ruling by the WTO that its import regime for car parts is illegal, its first defeat in a dispute with the international body. The WTO's Appellate Body now has three months to review the case. **REUTERS**

Bank of Canada shores up markets

The Bank of Canada yesterday pumped the biggest amount of cash into markets since 2000, while policy-makers sought to shore up confidence after the U.S. financial crisis claimed two Wall Street giants and shook world

markets.

News of a bankruptcy filing by Lehman Brothers Holdings Inc. and the sale of Merrill Lynch jolted investors worldwide and in Canada raised concerns that a worsening U.S. economic outlook could harm Canada's economy further

due to its heavy reliance on trade with its neighbour.

Distrust in short-term lending markets prompted the Bank of Canada to pour \$2.31 billion into the overnight market to lower the lending rate toward its 3 per cent target. **REUTERS**



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Shaky economy threatens oilsands

OIL A double whammy of tumbling crude prices and shaky credit markets could force some companies to delay multibillion-dollar oilsands projects, cutting Canada's overall output forecast.

Most at risk are developments that are in the design phase but have yet to start construction. Some have already been delayed due to surging costs, a tight labour market and stricter regulatory scrutiny. **REUTERS**

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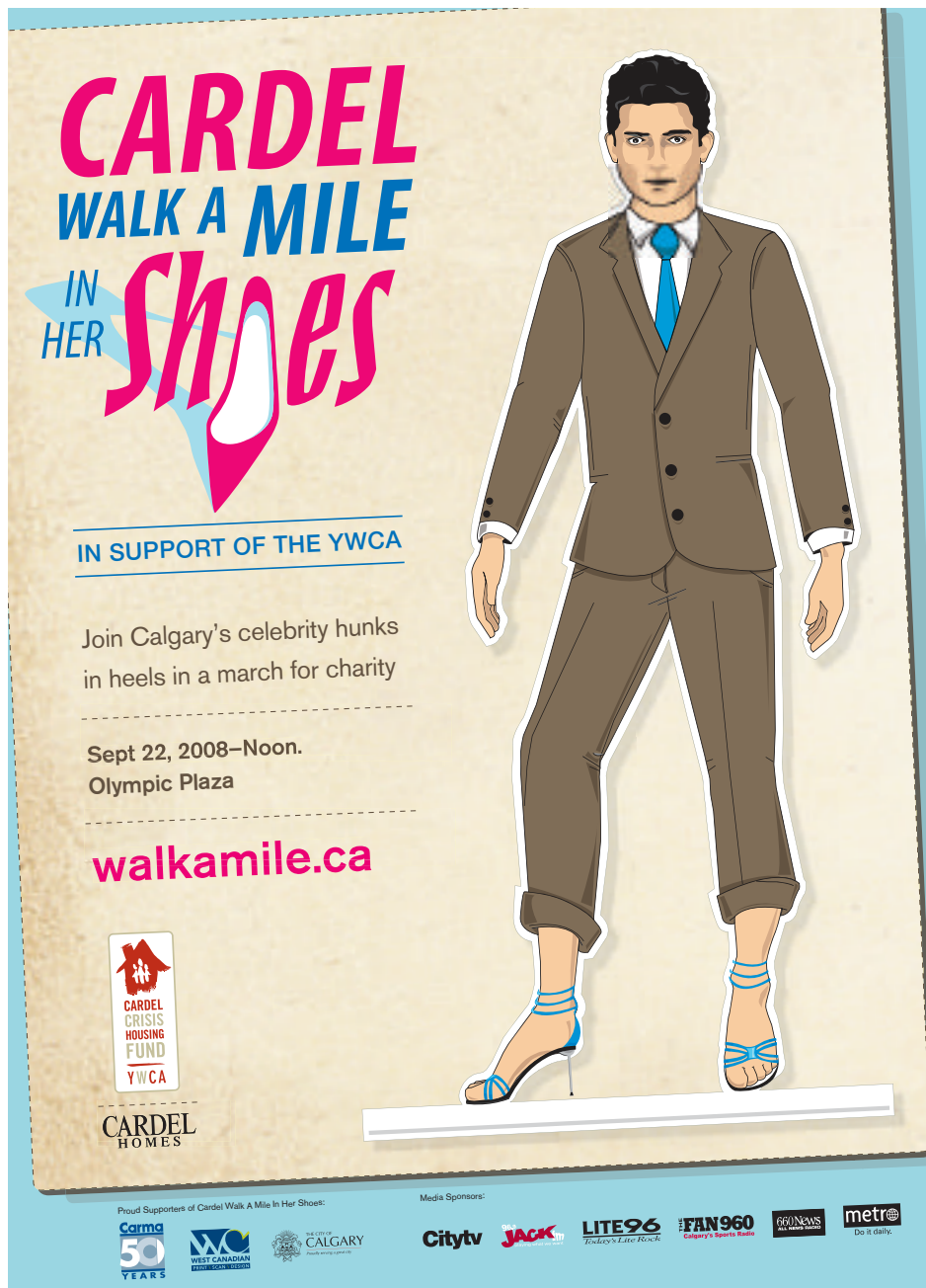
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business 13

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Know thy spending self

SmartCookies



In the early days of our money group we shared some pretty crazy spending confessions. At one point in time it made sense to buy three bottles of 2-in-1 shampoo and conditioner (even though we would never use 2-in-1!) just because it was on sale, or to spend hundreds of dollars at the mall because we had a bad day at the office.

Realizing that our spending personalities were as individual as we were, we decided it was time to not only pinpoint our spending ways but to find a cure once and for all.

Below are the most common types of spender. Take a minute to figure out what kind of spender you

are and then take note of how you can save yourself hard-earned cash.

Yo-Yo Spender?

Do you go weeks or even months depriving yourself of spending only to find yourself overcompensating and purging by spending all at once? Robyn did, and she learned that to avoid this kind of spending it's best not to deprive yourself completely. Each month treat yourself (with-in reason of course) to something you didn't necessarily plan for — a cute top that catches your eye and a dinner out. Give yourself a little something to satisfy your craving.

A Slacker Spender?

Do you favour convenience over a good deal? Like Andrea found, you're likely to buy your groceries at the market across the street because it's easier than walking the extra two blocks to the cheaper chain grocery store. Your game plan? Plan your in-

convenient treks to the cheaper grocery store in advance and stock up while you're there.

An Impulse Spender?

Ever find yourself heading to the mall to buy a birthday gift only to leave with a treat for yourself? Angela knows it's hard to resist an impulse buy, so she recommends planning your shopping trips in advance and knowing exactly what stores to go to. Taking a list is key for impulse shoppers and in extreme cases you might even want to take a friend.

A Sale Spender?

Like Katie, you find it nearly impossible to resist a sale, even if you wouldn't buy the item under any normal circumstance. When tempted to buy a sale item, ask yourself if you would buy the item if it wasn't on sale. If your answer is no, step back and walk away. Remember it's only a good deal if you will actually use it.

A Zombie Spender?

Do you pay little attention to prices on the menu or prices at the cash register? Do you surprise yourself when you arrive home and discover things in your bag you didn't realize you purchased? Sandra finds the solution is to go into each spending situation with a predetermined limit. She then takes that amount out in cash and is forced to pay attention to how her bill adds up.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

Allan Small examines the fall of Wall Street giants Lehman and Merrill. Read his column at metronews.ca

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It's not the bank, it's you

Q Recently, I applied for a business loan with a bank that I have dealt with for more than eight years. The loan representative claimed I would not be approved because my company's articles were cancelled by the ministry. What can I do to remedy this? Should I deal with a new bank?

A Your bank is not the problem. The bank cannot extend a loan to a company that cannot execute legally binding contracts.

Many small businesses continue to operate unknowingly until a company search is done. The ministry does not cancel articles without first making numerous requests for compliance. Your first step should be to determine why your company's articles were cancelled. Con-

MoneyMatters

Henry Choo Chong

choochonghcg@yahoo.ca

tact the ministry. Government agencies and their representatives are generally friendly and helpful.

The cancellation of a company's articles should not be taken lightly. The business will be unable to enter legally binding agreements or contracts such as loans, leases, service or sales contracts, etc. An accountant and lawyer familiar with reviving cancelled corporations should be retained.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcg@yahoo.ca.

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Nassau via Toronto

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Ted Lilly threw a one-hitter over seven innings as the Chicago Cubs swept a two-game set against the Houston Astros with a 6-1 win yesterday. Just one day after Carlos Zambrano's first no-hitter for the Cubs in 36 years, Lilly didn't give up a hit until Mark Loretta got Houston's only hit of the series, a single in the seventh inning. **METRO NEWS SERVICES**

Sports

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Flames rookies win once again

NHL Adam Cracknell scored the game-winning goal with 1.7 seconds left in the second period as the Calgary Flames rookies beat the Vancouver Canucks rookies 6-3 in Camrose last night.

John Armstrong, Greg Nemisz, Lance Bouma, Aki Seitsonen and Mikael Backlund also scored for the Flames, who compiled a perfect 2-0 record at the Oil Country Rookie Tournament at the EnCana Arena in the Edgeworth Centre.

Michael Grabner scored twice for the Canucks, who will face the Edmonton Oilers rookies tonight to round out the three-day tournament. Oren Eizenman also scored for Vancouver.

The Flames prospects now return to Calgary for the remainder of rookie camp, which will wrap up on Friday, the same day that veterans report to the Pengrowth Saddledome for fitness testing.

Red Sox slug way into tie with Rays

MLB Six home runs by the Red Sox and another productive outing from Daisuke Matsuzaka gave Boston an emphatic 13-5 win over the Tampa Bay Rays last night in a battle for AL East supremacy.

Jacoby Ellsbury, David Ortiz, Mike Lowell, Kevin Youkilis, Jason Bay and Jason Varitek each went deep for Boston, which tied Tampa for first place in the East thanks to winning four of its last five games.

Matsuzaka allowed a run on three hits with seven strikeouts over five innings.

METRO NEWS SERVICES

Sports in brief

NFL The Dallas Cowboys eked out a 41-37 victory over the division rival Philadelphia Eagles last night in Dallas.

CFL Toronto Argonauts quarterback Kerry Joseph, the league's most outstanding player last season, is being benched for Saturday's game against the Calgary Stampeders by new coach Don Matthews.

NHL The Philadelphia Flyers said yesterday that goalie Antero Niittymäki will be out for four to six weeks after having hip surgery.

METRO NEWS SERVICES

Palin prompts Philly promo

VP candidate's comments inspire Flyers to hold 'hockey mom' contest

YorkReport



Marty York

marty.york@metronews.ca

Sarah Palin is influencing the NHL.

The Philadelphia Flyers have launched a marketing campaign directly related to Palin's recent comments that she is "a hockey mom." The Republican Party's vice-presidential candidate also joked publicly that lipstick is the only difference between hockey moms and pit bulls.

And so the Flyers are following up by seeking "the ultimate hockey mom," and the winner will receive more than \$5,000 in prizes as well as tickets for Philly games. Mothers are being encouraged to visit philadelphiaflyers.com

and submit posters showing their hockey mom pride. The contest ends Oct. 1.

There will be \$500 gift cards for the second- and third-place finishers and every mom who enters will get a consolation prize: Puck-er Peach Lipstick.

Cool. Speaking of cool, that's what members of a new women's football league will be when they start playing in major U.S. cities in 2009.

They'll be cool, see, because they'll be playing in skimpy lingerie.

The Lingerie Football League — or LFL, as it will become known — is a spinoff of The Lingerie Bowl, a TV event that involved scantily-clad women dur-

ing halftimes of recent Super Bowls.

According to the league's website, the LFL will be "real fantasy football."

That was nice of the NFL to show us in Denver a couple of days ago that, yes, its



Gretzky looking at reduced role with Team Canada for 2010

Wayne Gretzky, who headed Team Canada at the last two Olympics, will not be running the show in 2010.

"I'm going to be involved in a smaller way, in a smaller role ... something to help out Team Canada, but it will not be my team," Gretzky told Toronto's FAN 590 radio station yesterday.

As part of an ongoing dialogue, Gretzky again spoke with Bob Nicholson, president of Hockey Canada, over the weekend. He then confirmed to the Hockey Central at Noon show that he would not be reprising his leadership role as Team Canada's executive director.

"I'm not exactly sure where I'm going to fit in," said Gretzky, looking ahead to the Vancouver Games.

"I've always had a connection with being involved with Team Canada and being part of Team Canada. Where I'm going to fit is still to be determined. But I don't think I'll have the same responsibility as I had

in '02 and '06, but to be involved and just to be able to lend a hand is something I would be happy to be a part of."

Nicholson said he'd had "numerous discussions over the past weeks and even months"

with Gretzky before the Great One conceded it was time to give the director's role to someone else.

"Wayne has been tremendous for our program and organization over the past years and I would definitely like to see him play a role, but the scope and details of Wayne's possible involvement with our team in 2010 have yet to be determined," said Nicholson.

Gretzky was the manager of the squad that ended a 50-year, gold medal drought at the Salt Lake City Olympics in 2002. He again

ran the team in 2006 at Turin. That team didn't win a medal.

With Gretzky out of the picture as the team's manager — though he could also resurface in an advisory role — speculation will ramp up as to who might take over the team.

Candidates would likely include Detroit's Ken Holland, Montreal's Bob Gainey and Kevin Lowe or Steve Tambellini of Edmonton. Lowe, now the president of the Oilers, was Gretzky's assistant at the last two Olympics while Tambellini, the Oilers GM, served as director of player personnel for those two teams. While the titles have been divided up in the past, the management team has worked very much as a team, selecting and assembling Team Canada.

"We hope to be able to finalize the management staff by the end of October," said Nicholson.

TORSTAR NEWS SERVICE

Brewers fire manager Yost

The Milwaukee Brewers have fired manager Ned Yost, left, and named Dale Sveum interim manager for the final two weeks of the season. The Brewers are 83-67 and tied for the top spot in the NL wild-card race with Philadelphia. The Phillies, though, just completed a four-game sweep of the Brewers, who have floundered to a record of 3-11 in September. **Metro News Services**



Getting better with age?

• Jamie Moyer of the Philadelphia Phillies won his 14th game of the season Sunday,

the most for any non-knuckleball-throwing 45-year-old in MLB history.

officiating can be just as shabby as the CFL's often is. Misery loves company ... There's a good chance, by the way, that all four teams in the CFL West could post better records than the East's three weak-sister squads — the Toronto Argonauts, Winnipeg Blue Bombers and Hamilton Tiger-Cats — but one of these Eastern teams still would qualify for the playoffs, no matter what. And the fourth-place Western team could do no better than cross over for the post-season and visit the second-place Eastern team ... From the rich-about-to-get-richer department comes info that the Boston Red Sox are front-runners to sign Japanese star **Ju-nichi Tazawa**, a 22-year-old

pitching phenom ... Have the Pittsburgh Pirates ever suffered since trading B.C.'s **Jason Bay** to Boston. Entering last night, the Pirates had lost 15 of their past 18 games and were 10-27 since trading him Aug. 1 ... The **Barry Bonds**-less San Francisco Giants will likely become the first MLB team to hit fewer than 100 home runs in a season since the 1993 Florida Marlins (94 in 1993). But this year's Marlins are the first MLB team in history with four infielders (**Hanley Ramirez**, **Jorge Cantu**, **Mike Jacobs**, **Dan Uggla**) who have hit at least 25 homers.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
Tampa Bay	88	59	.599	—
w-Boston	88	61	.591	1
Toronto	80	70	.533	9½
N.Y. Yankees	80	70	.533	9½
Baltimore	66	82	.446	22½

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Sox	83	66	.557	—
Minnesota	82	68	.547	1½
Cleveland	73	77	.487	10½
Detroit	70	78	.473	12½
Kansas City	65	84	.436	18

WEST DIVISION

	W	L	PCT	GB
x-L.A. Angels	92	57	.617	—
Texas	73	77	.487	19½
Oakland	69	80	.463	23
Seattle	57	91	.385	34½

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
N.Y. Mets	83	66	.557	—
w-Philadelphia	83	67	.553	½
Florida	77	72	.517	6
Atlanta	67	83	.447	16½
Washington	57	93	.380	26½

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Cubs	90	58	.608	—
w-Milwaukee	83	67	.553	8
Houston	80	69	.537	10½
St. Louis	78	71	.523	12½
Cincinnati	68	81	.456	22½
Pittsburgh	63	87	.420	28

WEST DIVISION

	W	L	PCT	GB
L.A. Dodgers	78	72	.520	—
Arizona	72	76	.486	5
San Francisco	68	81	.456	9½

Colorado 68 82 .453 10

San Diego 57 93 .380 21

(w — teams currently holding wild-card spots; x — clinched division title)

YESTERDAY'S RESULTS

AMERICAN LEAGUE

Cleveland 3 Minnesota 1

N.Y. Yankees 4 Chicago Sox 2

Boston at Tampa Bay

Detroit at Texas

Seattle at Kansas City

NATIONAL LEAGUE

Chicago Cubs 6 Houston 1

L.A. Dodgers 8 Pittsburgh 2

Washington 7 N.Y. Mets 2

San Diego at Colorado

San Francisco at Arizona

TONIGHT'S GAMES

AMERICAN LEAGUE

Minnesota at Cleveland, 5:05

Chicago Sox at N.Y. Yankees, 5:05

Baltimore at Toronto, 5:07

Boston at Tampa Bay, 5:10

Detroit at Texas, 6:05

Seattle at Kansas City, 6:10

L.A. Angels at Oakland, 8:05

NATIONAL LEAGUE

L.A. Dodgers at Pittsburgh, 5:05

Houston at Florida, 5:10

Philadelphia at Atlanta, 5:10

N.Y. Mets at Washington, 5:10

St. Louis at Cincinnati, 5:10

Milwaukee at Chicago Cubs, 6:05

San Diego at Colorado, 6:35

San Francisco at Arizona, 7:40

AL BATTING LEADERS

Name, team

AB R H AVG

Pedroia Bos 611 113 320 .327

Ordonez Det 507 68 164 .323

Mauer Min 482 90 155 .322

Kinsler Tex 518 102 165 .319

Huff Bal 557 94 175 .314

Morneau Min 567 92 177 .312

NL BATTING LEADERS

Name, team

AB R H AVG

Ibanez Sea 581 81 181 .312

Suzuki Sea 628 95 195 .311

Youkilis Bos 500 85 155 .310

Polanco Det 547 85 168 .307

Rodriguez NYY 475 101 146 .307

CFL

EAST DIVISION

	W	L	T	PTS
Montreal	7	4	0	14
Toronto	4	7	0	8
Winnipeg	3	8	0	6
Hamilton	2	9	0	4

WEST DIVISION

	W	L	T	PTS
Saskatchewan	8	3	0	16
Edmonton	7	4	0	14
CALGARY	7	4	0	14
B.C.	6	5	0	12

WEEK 12

FRIDAY'S GAME

Winnipeg at Hamilton, 5:30

SATURDAY'S GAMES

Toronto at CALGARY, 4:30

B.C. at Saskatchewan, 7:30

SUNDAY'S GAME

Edmonton at Montreal, 11

NFL

WEEK 2

LAST NIGHT'S RESULT

Dallas 41 Philadelphia 37

Alternative health treatments

More than eight million Americans use acupuncture for different ailments, according to a study by the U.S. Centers for Disease Control and Prevention, and millions more in Canada rely on a variety of alternative health treatments to supplement their health care. **REUTERS**

lifestyle **15**

Health



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EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Don't share prescriptions

Results could be especially harmful to unborn babies: Study

CELIA MILNE
for Metro Canada



Sharing medication can harm unborn babies. And an alarming number of young women do it. A survey conducted by the U.S. Centers for Disease Control (CDC) has found that 37 per cent of women between the ages of 18 and 44 have either shared or borrowed prescription drugs.

"Women in their child-bearing years are at risk of potentially exposing a pregnancy to a medication that could harm their baby," says Sonja Rasmussen, a scientist from the Centers for Disease Control and Prevention in Atlanta, Ga.,

and one of the authors of the study.

"Women might borrow prescription medications during pregnancy before they recognize that they're pregnant, but this time in early pregnancy is critical for development of the baby," says Rasmussen, adding that about half of pregnancies are unplanned. The most common medications borrowed or shared were for allergies, pain and infections.

While young women were the most likely group to take medications prescribed to friends or family, people of all ages do it. Overall, 29 per cent of women and 27 per cent of men had pinched someone

else's meds.

"This study showed that borrowing or sharing prescription medications is a relatively common behaviour," says Rasmussen.

Consequences of popping someone else's pills, beside birth defects in pregnant women, include allergies to the borrowed medication, side-effects that weren't expected, illness related to taking the drug improperly (such as taking too much), and interactions to drugs you are already taking. Taking a portion of someone else's an-

"This study showed that borrowing or sharing prescription medications is a relatively common behaviour."

Sonja Rasmussen, scientist

tibiotic treatment can cause antibiotic resistance. In addition, some drugs render birth control pills less effective. Other dangers, of course, are addiction and abuse.

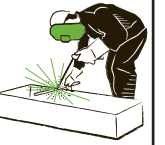
A previous study done by the CDC found that teenagers often share prescription medication, but until now little was known about adult behaviour. There were 26,289 respondents to the survey. Results were published online in the Aug. 25 edition of the Journal of Women's Health.

CHINOOK
LEARNING SERVICES



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Continuing Education



Consequences of popping someone else's pills, beside birth defects in pregnant women, include allergies to the borrowed medication.

Tackling 'sex addiction'

The J Spot

Josey Vogel

Sex talk with Josey

wonder how David Duchovny's doing in rehab. As you no doubt know by now, the former X-Files star and husband of actress Téa Leoni checked himself into rehab for "sexual addiction" at the end of August. No word on how he's doing but you have to wonder.

When one goes into rehab for alcohol or drug addiction, they don't generally let you bring in a flask or a joint or two for when the temptation gets to be too much. But, what do they do when a so-called sex addict feels the urge. Keep his hands tied behind his back?

Frankly, the whole idea of "sex addiction" is problematic. If you treat sex addictions like, say, alcohol addiction, that is, if you are exposed to sex, you won't be able to control yourself, does that mean you have to stop having sex?

Even Sexaholics Anonymous — an organization that tackles "sex addiction" with the same 12-step ap-

proach it applies to Drug or Alcohol addiction — struggles with this.

In AA, total abstinence is the goal. Since swearing off sex for the rest of their life is a little more difficult, SA allows its members to have sex but only within marriage. Which is no doubt good news for Téa but I don't quite get the logic that you won't lose control as long as you only have sex with a husband or wife.

According to Carol Grone-man, author of Nymphomania: A History (2000), nymphomania was first described in 1771 and symptoms included "dwelling on impure thoughts, reading novels, eating too much chocolate and indulging in secret pollutions" (i.e., masturbating).

In the first Diagnostic and Statistical Manual of Mental Disorders (more commonly referred to as the DSM, the psychiatrist's go-to guide to insanity), nymphomania and its male counterpart Don Juanism (guys always get sexier labels), were listed as "sexual deviations." By 1980, they were downgraded to "psychosexual disorders" and, in 1987, they were dropped entirely and replaced with "sexual addiction." The 1994 version nixed this and that's how it remains today.



David Duchovny, former X-Files star and recent "sex addict."

Obviously, if you're preoccupied with or having sex so much that it's messing with your life or hurting your relationship, you should get some help.

I'm just not convinced you're an addict.

There are tons of things we do as humans to excess that aren't good for us — eat, surf the net, follow Britney. Personally, I watch waaaay too many Family Guy reruns. Sex, it seems to me, is just one of many appetite-related activities we have to learn to enjoy in a moderate and healthy way.

And, ultimately, excess is subjective. As famous sex research pioneer Alfred Kinsey once said: a nymphomaniac is "someone who has more sex than you do."

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



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Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Gwen earns W

Singer Gwen Stefani has landed a new job — designing the uniform for female staff at W hotels. The line will be unveiled this autumn.

FEMALEFIRST.CO.UK

Spears to release album on birthday

MUSIC Britney Spears is gearing up for another comeback attempt, Reuters reports.

The singer's label said yesterday it would release Circus on Dec. 2, her 27th birthday. The album marks the follow-up to 2007's Blackout, which was also billed as a comeback after a sustained period of personal and professional woes.

Little Britain angers gay group

TV British comedy series Little Britain USA has sparked outrage in the U.S. with a gay rights group calling the program "offensive" and "obnoxious," imdb.com reports.

The show, which stars David Walliams and Matt Lucas, is a spinoff based on the original U.K. series and reportedly features full-frontal nudity as well as a series of lesbian and gay gags. **METRO NEWS SERVICES**

Hope for hometown kid

Boxing drama gets shot at Calgary International Film Festival

HEATHER SETKA
for Metro Calgary



Twenty-two-year old Chris Scheuerman says he's "bored with real life." At least that's the reason he gives for wanting to make films.

But his friend Greg Horvath pegs Scheuerman's drive on something else. "Chris' passion is going to make him a great director," Horvath says. "It's inside of him."

The two men met in 2002 when Horvath spoke at Scheuerman's high school in Okotoks. Scheuerman was one of the many students who crowded around Horvath after his motivational lecture. That chance meeting sparked a friend-

ship and a series of events culminating at the Calgary International Film Festival.

Hope for the Broken Contender, directed by Scheuerman and produced by Horvath, plays opening Friday night at the Globe Cinema.

Chronicling a young man's journey as he's faced with the temptations of gang life, this flick falls into the boxing movie genre. Despite listing films like Ragging Bull and Million Dollar Baby among his favourites, Scheuerman admits that he "knew nothing about the sport before this."

That's why he enlisted actor Charlie Robson to help write the screenplay. Robson drew upon his experience as a boxer to also play the lead role.

"(Boxing) is so dramatic.



Hope for the Broken Contender plays Friday at the Globe Cinema.

That's what inspired me," Scheuerman says. "But the choreography was tough to shoot. We'd run through each fight 100 times before we filmed it."

Even though Scheuerman is a SAIT film grad

and now lives in Vancouver, he shot most of the movie in Regina. Scheuerman says this decision was based largely on the fact that the Regina Boxing Club provided the perfect, gritty location for the ficti-

tious Joe's Gym.

"They really opened the doors for us there (in Regina) as well," says the budding filmmaker. The city's mayor, Pat Fiacco, even has a cameo in the movie.

Filed on a budget of \$6,500, Scheuerman relied on volunteers and those close to him to keep costs low. "We worked our asses off," Scheuerman says. And that's the response one might receive if questioning how a young director with no budget ends up showcasing at an international event.

That, and maybe some talent. "I've always viewed Chris as a giant, but he doesn't know it yet," says Horvath. "He's going to be successful whether I help him or not."

Entertainment in brief

TV As production begins on the final season of Nip/Tuck, representatives for the show's actors are in salary renegotiations.

Talks for stars Julian McMahon and Dylan Walsh as well as some regulars have been ongoing for weeks. **REUTERS**

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Holding pattern

The Who front man Roger Daltrey, right, has said his planned biopic about late drummer Keith Moon has stalled because he has yet to receive a good script.

BBC NEWS ONLINE



Care for some Utz chips?

IntelleVision



Last Sunday's episode of Mad Men was sponsored by Heineken, in case you didn't notice, though if you didn't, you were probably either asleep or the kind of person who tried to play your old cassette tapes on your iPod and keeps asking "Who's that supposed to be?" during Simpsons episodes.

This sort of product placement integration is going to get more common as broadcast television disappears, but Mad Men is probably a misleading test bed for media buyers to go by — while it's so much more elegant to be able to slip brands into a show set in an advertising agency than into, say, a sci-fi show, Mad Men limits its prospective clients to a select group who have been on the market in the U.S.



Mad Men cast members, from left, Vincent Kartheiser, Christina Hendricks, John Slattery, Elisabeth Moss and Jon Hamm.

for nearly 50 years.

Everybody's heard of Heineken and Cadillac, of course — the two highest-profile beneficiaries of Mad Men's last two episodes — but I doubt if I'm alone in presuming that creator Matt Weiner and his writers had made up Utz Chips, the Sterling Cooper client shilled by Jimmy Barrett, the Jerry Lewis-esque comedian cuckolded by Jon Hamm's Don Draper.

It turns out that Utz has been around for nearly 90 years, a Pennsylvania-based snack food company known to anyone in the U.S. northeast. Now would

be a good time for US Airways to revive Mohawk Airlines, the regional carrier unceremoniously dumped by Sterling Cooper earlier this season, if only to capitalize on all the free advertising.

Product placement aside, the show hasn't jumped a shark yet this season, and Sunday's episode shifted gears from cruise control to emotional meltdown; not coincidentally, it was the episode where the show's women finally got to take up their share of oxygen.

Rick McGinnis writes about music, movies, books and television, but not opera.

Sick person's rights include dominating the remote

HineSight

Anne Hines



I am vewy, vewy sick. I hab a tuffy nose and a tuffy head. I do not thig that anyone in the whole world has eber, eber been as sick as I am. Eber.

So, I'm offering: The Hinesight Guide to Getting The Most From Your Head Cold. When you get sick, people will suggest you take remedies made from things like herbs, leaves and mud scraped off the underside of dead logs. Forget that. Go right for the big guns. The sick person's mantra: "Prescription drugs are our friends."

Of course drugs are serious business. There's a radio ad where a woman says she takes cold medicine so she doesn't have to miss work and stay home in her bathrobe, watching TV all

day. Obviously, the drugs have deranged this woman's head. Any sane person would love spending a day like that.

Take every possible measure to avoid spreading your germs. It decreases the pool of people able to fetch you trashy magazines and nice hot cups of tea.

Remember the sick person's bill of rights: You have the right to remain whiney. If you give up that right, your family can, and will, require you to make dinner.

You have the right to the remote control. If someone challenges this, you have the right to say something like, "I'm happy to share. Let me just wipe off where I sneezed with this soiled Kleenex."

Finally, if you are sick more than three or four days, it is important to see a doctor. They'll be the only person still prepared to listen to you talk about it.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

DVD picks

Where in the World is Osama bin Laden?

Director: Morgan Spurlock
Rating: PG

DOCUMENTARIAN Morgan Spurlock takes his gumshoe act on the road with Where in the World is Osama bin Laden?, a quest that's only partly in jest. He's after the leader of al Qaeda and mastermind of 9/11 — and Spurlock reasons he alone can prevail where legions of War-on-Terror troops have failed. He travels through the Middle East and to Morocco, Pakistan, Afghanistan and Saudi Arabia to chat with average citizens and a few informed sources, asking if they know where bin Laden is hiding. Many people are so charmed and disarmed by Spurlock's bull-moose approach, they spill their thoughts on bin Laden. A few insights are gleaned. But the film does offer hope that millions of people in the Middle East simply yearn for peace.

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9/16/08	267 351 - ACCESS	Help TV		The Debaters		America's Next Top Model		Fringe (HDTV) (N)		Help TV
	243 317 3 CFCN	eTalk	Hollywood	Law & Order: SVU		Criminal Minds "Lo-Fi"		Without a Trace (HDTV)		News (N)
	- - 4 BROAD	(4) Broadcast News News.		Broadcast News News.						
	- 371 5 KXLY	News	News	Entertainment	The Insider (N)	Wipeout (Season Finale) (N)		Primetime: UFOs-Believing		
	245 306 6 CBRT	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors (DVS)		CBC News: The National		The Hour
	244 338 7 CICT	ET Canada	Entertainment	90210 "The Bubble" (N)		House (N)		Big Brother 10		News Hour
	246 - 8 CKAL	Law & Order: SVU		Privileged (HDTV) (N)		Biography "Matt Damon"		NY-Hollywood		Friends
	119 705 9 CBXFT	Virginie (SC)	La Fature	Providence (HDTV) (SC)		Roxy (SC)	Filantes	Le Téléjournal (SC)		TJ Alberta
	- - 10 SHAW	(6) Local Programming						Local Programming		
	- 372 12 KREM	News (N)	Hollywood	The Doctors		NCIS "Judgment Day"		Big Brother 10		Without Trace
prime time	- 374 14 KSPS	NewsHour With Jim Lehrer		Nova "Einstein's Big Idea" (HDTV) (DVS)				Wild		Nova
	502 390 15 CBC	CBC News: The National		Let's All Hate Toronto		CBC News: The National		CBC News: The National		Hate Toronto
	- 370 16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser: Families (Season Premiere) (N)				Law/Ord SVU
	- 373 22 KAYU	The Simpsons	The Simpsons	Two/Half Men	Two/Half Men	House (N)		Fringe (HDTV) (N)		News (N)
	297 652 37 WPIX	Privileged (HDTV) (N)		CW11 News at Ten		Two/Half Men	Friends	Sex and-City	Will & Grace	Frasier
	500 500 29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508 502 31 CNN2	Glenn Beck		Nancy Grace		Showbiz Tonight		Glenn Beck		Nancy Grace
	400 400 21 TSN	MLB Baseball		SportsCentre (HDTV) (Live)		In This Corner		Boxing Juan Diaz vs. Michael Katsidis.		
	408 418 27 net	Simply	Stamps TV	Red Bull: Air Race		World Poker Tour		Sportsnet Connected (Live)		Best-Sports
	410 403 30SCORE	Poker: Canadian Open		Score Tonight		Final Score	Final Score	Final Score	Final Score	Sports Rage
news	411 457 44 OLN	Angry Planet	Surf Patrol	Don't Forget Your Passport		Pilot Guides		Don't Forget Your Passport		Survivorman
	417 406 48SPEED	Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)	Pass Time	Unique Whips		Low Life
	552 543 20 YTV	Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj
	557 541 39 FAM	Zoe 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	555 545 67 TOON	World of Quest	Johnny Test	George-Jungle	Bugs Bunny & Tweety Show	6teen		Total Drama	Futurama	American Dad
	575 583 11 CMT	Reba	Hope & Faith	Home Improve.	Home Improve.	Top 20 Tearjerkers		Reba	Hope & Faith	Home Improve.
	553 546 17 TREE	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren, Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	- - 18 CHTV	The Insider (N)	E! News	Pam: On Loose	Sunset Tan (N)	The Biggest Loser: Families (Season Premiere) (N)				News (N)
	505 398 19 TWN	(5) EarthWatch One		EarthWatch One						
	602 568 23 W	Shopping Bags	Style by Jury	Will & Grace	Friends	Coleen's Real Women		Style by Jury	Style by Jury	Good Naked
family	521 560 24 TLC	Mystery Diagnosis (HDTV)		Dr. G: Medical Examiner		Incredibly Small		Mystery Diagnosis (HDTV)		Med. Examiner
	603 561 25 FOOD	HEAT-McEwan	HEAT-McEwan	Top Chef "Puerto Rico"		Restaurant Makeover		Iron Chef America		HEAT-McEwan
	615 520 26 A&E	The First 48 (HDTV)		The Cleaner (HDTV) (N)		The Cleaner (HDTV)		The First 48 (HDTV)		The First 48
	617 522 32 SHOW	Wife Swap		About a Girl	About a Girl	The Best Years (DVS)		Trailer Park	Trailer Park	The Shield
	601 562 33 SLICE	Rich Bride, Poor Bride		Plastic-Perfect	Matchmaker	Newlywed	In Laws	Rich Bride, Poor Bride		Plastic-Perfect
	- 633 34 ENC2	Jack Frost	Mystery of the Million Dollar Hockey Puck			Weird Science ★★ (1985, Fantasy)			(10:35) Stewardess School	
	520 505 35 DISC	Smash Lab		After the Catch (N)		Daily Planet		Smash Lab		After the Catch
	620 523 36BRAVO	Sweet Soul Music		Celtic Roots	Steve Coffey	Law & Order "Burden"		Without a Trace		Last Sept
	294 650 40 WPCB	(6) Paycheck (2003, Science Fiction)		Frasier		Seinfeld	Frasier	Paycheck ★★ (2003, Science Fiction)		
	626 547 41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman
cable variety	- 539 42 TCM	(6) The King and I (1956, Musical)		Westworld ★★★ (1973, Science Fiction)				(10:15) The Buccaneer ★★★ (1958)		
	628 584 43 SPIKE	Star Wars VI: Return of the Jedi ★★★ (1983, Science Fiction)	Mark Hamill, Carrie Fisher.					Without a Paddle ★★ (2004, Comedy)		
	522 516 45 HIST	The Worst Jobs in History		NCIS "Driven"		The Worst Jobs in History		Tony's Law Henry VIII.		NCIS
	627 528 46SPACE	Battlestar Galactica		Rabbit Fall	The Circuit	Stargate SG-1 (DVS)		Lost		Deep Space 9
	- - 47 AMC	(6) Von Ryan's Express (1965, War)		Heaven Knows, Mr. Allison ★★★ (1957, Drama)				(10:45) Mad Men		
	619 525 49 TROP	Planet Soap	Big Screen	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld
	600 564 50 HGTV	Colin & Justin's Home Heist		The Stagers	Green Force	Holmes on Homes		Dirty Business	Outside	Colin-Justin
	501 391 52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504 508 70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526 507 92 CLT	Missing Link		Mysterious Ways		Judging Amy		Killer Next Door		Missing Link
movie	269 350 93 APTN	News		Closer-Home	Great Towns	Wapos Bay	Rez Rides	Fish Out of	Mixed Blessing	First Nation
	- - 94 MCP	(6:30) News	News	Matchmaker	Daughters-Law	Officina Italian	Qui si Parla	In Germany	Euromaxx	Schauplatz
	571 581 100 MMM	Listed (Part 2 of 2)		Don't Forget the Lyrics!		Party of Five		Fabulous Life Of...		Party of Five
	570 580 101 MM	So You Think You Can Dance Canada				The Shift		Pimp My Ride	Technical Diff.	disBand
	581 566 102 MTV	Making the Band 4		From G's to Gents (N)		MTV Live	After	Making the Band 4		G's to Gents

critics' corner

Without a Trace

It's a five-for-one deal in this episode, as Jack (Anthony LaPaglia) and his team investigate the abduction of five people from a coffee shop. It turns out they had an odd connection beyond just having all been in the wrong place at the wrong time. Sam (Poppy Montgomery) gets ready for her baby's arrival. Enrique Murciano, Eric Close and Marianne Jean-Baptiste also star in "Satellites." 10 PM on CFCN 11 PM on KREM



Blue Rodeo in Stereovision: 20 Years of Sweet Soul Music

Its most recent album is called "Small Miracles," and in an age of short attention spans and fickle public tastes, Blue Rodeo's longevity could qualify as one. This special from 2004 profiles the popular country-rock band with a focus on its two lead members, Jim Cuddy and Greg Keelor. Author and musician Paul Quarrington narrates the special, which traces the two men's journey, beginning with their friendship in high school. 7 PM on BRAVO



Takei weds partner
Actor George Takei and his longtime partner, Brad Altman, were wed Sunday evening in a Buddhist ceremony in downtown Los Angeles. **PEOPLE.COM**

Celebrity Buzz

DeGeneres, de Rossi spar over baby

RELATIONSHIPS Ellen DeGeneres and actress Portia de Rossi are arguing about whether to have a baby, female-first.co.uk reports. The couple, who married in an intimate ceremony last month, are said to be fighting about the prospect of starting a family.

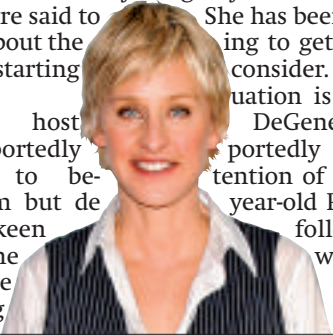
Talk-show host Ellen is reportedly determined to become a mom but de Rossi is less keen because she would be the one carrying

the child. "Ellen wants Portia to get pregnant, an idea they had both ruled out before the wedding," a source said.

"But Ellen has gotten all goofy over the baby issue. She has been in tears trying to get Portia to consider. Now the situation is very tense."

DeGeneres, 50, reportedly had the intention of changing 35-year-old Portia's mind following the wedding.

METRO NEWS SERVICES



Dion demands bodyguards

PEOPLE Singer Celine Dion blew into New York City with a security retinue that rivals anything the U.S.



presidential candidates might have, tmz.com reports. The Times of South Africa reports Dion demanded 11 bodyguards be on stage at all times for her show at Madison Square Garden last night.

"At least eight" had to be on chairs able to swivel 30 degrees. She also needed to have a dentist on call at all times. Her rider ran 67 pages, said the paper, and when it comes to food, she had to have French cherries and Bavarian figs.

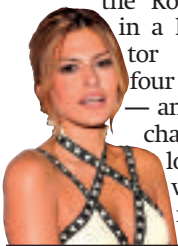
METRO NEWS SERVICES

celebrity briefs

Mendes' celebrity crush

PEOPLE Eva Mendes has confessed a secret crush on rock legend Mick Jagger, imdb.com reports.

The actress admits she fell to pieces when she ran into the Rolling Stone in a hotel elevator in France four years ago — and blew her chances of looking cool when they met again.



"I literally collapsed when he got out a floor later. He's delicious, he still looks really good," Mendes says.

As for their second meeting, "I thought: 'He's never going to remember me,' so I just say: 'Hi, I'm Eva, nice to meet you,' and he says: 'Oh, I think we met in Paris.' I screamed: 'Oh my God, you remember me?' The whole facade falls and I was a complete geek."

METRO NEWS SERVICES

Winehouse skips birthday

PEOPLE Amy Winehouse notched up another no-show on the weekend — but this time it was her own birthday party that she didn't attend, Ananova.com reports.

The singer's friends and family gathered at the Jazz After Dark in Soho, London, on Saturday night to celebrate the star's 25th birthday. But Winehouse stayed at home, refusing to leave her house in Camden because she reportedly thought she looked too ugly.

"Amy was standing in front of the mirror telling everyone how rough she looked," a friend told Britain's The Sun. "Unfortunately her lifestyle has had a major effect on her appearance and it's only just started to sink in. She kept saying she was ugly and was in an awful state."

Winehouse's friend, Remi Nicole, who had helped organize the party, reportedly spent three hours trying to persuade Winehouse to leave.

The pair ended up having an argument and eventually Nicole gave up and went home.

Back at the Jazz After Dark, guests waited until midnight before deciding to start the party without

Winehouse, and allowing the first band to take to the stage.

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Hudson, boyfriend to tie the knot

RELATIONSHIPS Singer/actress Jennifer Hudson and boyfriend David Otunga have gotten engaged, People.com reports.

"I can confirm that Jennifer got engaged to her boyfriend, David, on Friday night in L.A.," her rep says.

Otunga, who is known as "Punk" from the reality show I Love New York 2, popped the question with a Neil Lane diamond ring on the Oscar winner's 27th birthday.

The couple, who have been dating less than a year, both hail from Chicago.

METRO NEWS SERVICES



Lohan scuffles with photographer

PEOPLE Actress Lindsay Lohan reportedly scuffled with a photographer outside a New York hotel, after accusing the snapper of tripping her, imdb.com reports.

Lohan is said to have fallen over a metal barricade as she entered the exclusive Bowery Hotel on Sunday night. She turned and allegedly punched one photographer on the nose, thinking he had deliberately caused her to lose her footing. The star was then reportedly heard talking to a friend on her cellphone, saying, "Oh my God! I just hit a paparazzi!"

Police are said to have been called, but no charges were filed.

METRO NEWS SERVICES



No perfume deal for Mills

BUSINESS Heather Mills came close to launching her own fragrance but the deal was scrapped when her then-husband Sir Paul McCartney found out about the plans, imdb.com reports.

Mills' ex-publicist Michele Elyzabeth claims to have set up the agreement in 2005, while Mills was still married to the former Beatle.

And the contract would have seen the former glamour model create a perfume called Voice with U.S. fashion label Tommy Bahama.

The company reportedly requested that both stars featured in the advertisements and Mills is said to have given the company one of their wedding pho-

tos to use in the promos.

However, Elyzabeth claims she was forced to terminate the deal — after McCartney refused to let the idea go ahead.

"The company suggested using a photo of them both, Heather reckoned that would work and e-mailed them one of

her wedding pictures. But when the ad came back (for approval) I got this phone call from Heather saying the project had to be scrapped immediately," she says. "Heather told me that when she showed Paul the adverts he hit the roof. She told me he shouted at her, 'Are you f-king mad?'

Tommy Bahama weren't interested in Heather alone. The deal fell through because she wasn't a big enough star."

Mills and McCartney finalized their divorce earlier this year.

METRO NEWS SERVICES



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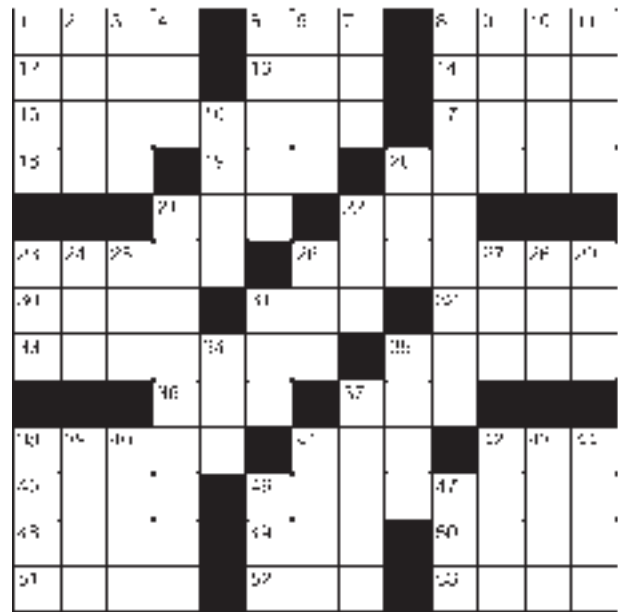
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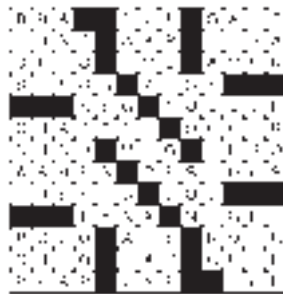
Crossword across

- | | |
|---------------------------|----------------------|
| 1 William H. of " Fargo " | 32 Took off |
| 5 Recipe meas. | 33 Arizona tribe |
| 8 Work at the keyboard | 35 Green gemstones |
| 12 — vera | 36 Barbie's pal |
| 13 Hooter | 37 Rapture |
| 14 Frost | 38 Wanderer |
| 15 Non-paying passenger | 41 Conger, e.g. |
| 17 Baseball scores | 42 Collection |
| 18 Upper surface | 45 Swear 'tis true |
| 19 With it | 46 Gilligan, for one |
| 20 Elude | 48 Antitoxins |
| 21 Automaton, for short | 49 Halloween abbr. |
| 22 Depressed | 50 Actor Bogarde |
| 23 Tote | 51 Bohemian |
| 26 Rhesus monkey | 52 Surprise cries |
| 30 Curved molding | 53 Look lasciviously |
| 31 Pack quantity | |

Crossword down

- | | | |
|----------------------|-----------------------|-----------------------|
| 1 Sail support | 21 Secession | 37 "He — at scars..." |
| 2 Choir member | 22 Remiss | 38 Houston |
| 3 Hen pen | 23 Inmate | acronym |
| 4 Evergreen | 24 Khan title | 39 Finished |
| 5 Namely | 25 Gun the engine | 40 Comedian |
| 6 Trade | 26 Wrong (Pref.) | Sahl |
| 7 Thickness | 27 Proof conclusion | 41 Apiece |
| 8 Nonchalant | 28 French article | 42 Hearty drink |
| 9 "— be surprised" | 29 UFO crew? | 43 "My Name Is —" |
| 10 Throe | 31 Junior | 44 Youngster |
| 11 Gaelic | 34 Clappett patriarch | 46 Bill's partner |
| 16 Pirate's greeting | 35 A bit of a shock | 47 Rumpus |
| 20 Happy companion? | | |

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



2	3	9	5	6	8	7	4	1
1	6	5	4	3	7	9	2	8
7	4	8	2	1	9	5	3	6
3	5	7	6	4	1	2	8	9
6	2	4	9	8	5	3	1	7
9	8	1	3	7	2	6	5	4
4	9	6	1	2	3	8	7	5
8	1	2	7	5	6	4	9	3
5	7	3	8	9	4	1	6	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min	Smart
Under 13 min	21-25 min	Not bad
13-17 min	25+ min	Keep practising

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

9		7		5		1	3	
	8	6						
			4					7
4		9	5					
2			9		8			6
					1	5		9
7					4			
						9	2	
	5	4		3		6		1

Recipe of the day



COOK SMART FOR A HEALTHY HEART

Quinoa with Grilled Eggplant

Quinoa, a nutritious grain from South America, has a texture similar to split lentils when cooked. It contains more protein than any other grain and is also lower in carbohydrate content.

INGREDIENTS:

- 1 cup (250 mL) quinoa
- 3 or 4 sprigs fresh thyme
- 2 1/2 cups (625 mL) low-sodium vegetable broth
- 2 baby eggplants, cut lengthwise into quarters
- 1 red pepper, seeded and cut into chunks
- 1 red onion, cut into chunks
- 2 tsp (10 mL) olive oil
- 1 cup (250 mL) cherry tomatoes
- 2 garlic cloves, crushed
- 1 1/4 cups (300 mL) tomato juice
- 6 oz (175 g) light goat-cheese log with herbs, cut into 8 slices
- Salt and pepper

METHOD:

- Preheat the oven to 375°F (190°C). Put the quinoa in a sieve and rinse thoroughly under cold running water. Place in a saucepan with the thyme sprigs and broth, and bring to a boil. Cover and simmer gently until all the broth has been absorbed and the quinoa is

- tender, about 20 minutes.
- Meanwhile, heat a ridged grill pan. Brush the eggplant, red pepper and onion pieces with the olive oil, then cook them on the grill pan (in batches if necessary) until softened and lightly charred, about 4 to 5 minutes. Transfer to a plate.
- Put the whole tomatoes on the grill pan and cook until they are just beginning to burst their skins, about 2 minutes. Remove from the heat.
- When the quinoa is cooked, place it in an ovenproof dish. Add the grilled vegetables, garlic and tomato juice, and season lightly with salt and pepper. Fold together gently.
- Arrange the slices of goat cheese on top of the quinoa mixture. Cover with foil and bake until the vegetables are tender, about 35 minutes. Serve hot.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients** in this month's Reader's Digest, on newsstands now!



Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

Your reputation is on the line. A lack of devotion causes a bad scene. Keep it to yourself if you're unsure about a false impression.



TAURUS

APRIL 21-MAY 21

Talking about dishonesty causes an anxiety attack. Take care when visiting your place of origin. Comparing performances won't improve a situation.



GEMINI

MAY 22-JUNE 21

An angry worker needs a lucky break. Take the chance to be true to your word. An expert warns about a sad state of affairs.



CANCER

JUNE 22-JULY 22

Speak softly when a friend calls for help. Alarm bells tell of an abrupt shift taking place. A woman needs more instruction.



CAPRICORN

DEC 22-JAN 20

Take a walk to calm your nerves. Empower yourself by giving a pep talk. An emotional storm threatens a family member.



SAGITTARIUS

NOV 23-DEC 21

A precious person wants to talk with you. A moving message disturbs a rocky romance. Trust an ordinary person with secrets and lies.



SCORPIO

OCT 24-NOV 22

Frustration leads to a confrontation. Goals will be achieved before an unscheduled event. Patch things up around your home.



LIBRA

SEPT 23-OCT 23

An agreement will create chaos. Someone will finally see the light. A last minute change makes a guy happy.



VIRGO

AUG 24-SEPT 22

Be careful of your words with a twitchy woman. Don't arrive punctually at a farcical event. An urgent issue will be resolved soon.



PISCES

FEB 19-MARCH 20

A dramatic person has a flash of genius. Show support by stepping into somebody's shoes. Laugh at people who steer clear of the truth.



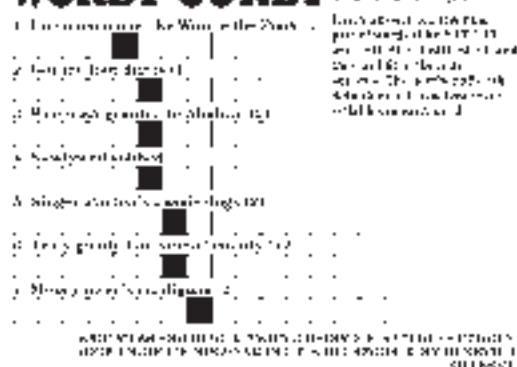
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This day in history

- SEPT. 16, 1795: United Kingdom conquers Cape Town, South Africa.
- SEPT. 16, 1812: Russians set fire to Moscow shortly after midnight — the city is burned completely down days later.
- SEPT. 16, 1887: The first game of softball was played in Chicago, Illinois.
- SEPT. 16, 1908: General Motors is founded.
- SEPT. 16, 1966: The Metropolitan Opera House opens at Lincoln Center in New York City to the world premiere of Samuel Barber's opera, Antony and Cleopatra.
- SEPT. 16, 1987: The Montreal Protocol is signed to protect the ozone layer from depletion.

METRO NEWS SERVICES

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at the Bay